

"Prevention Is Power"



PREVENTION IS POWER



Spring 2001
Public Education

LOUISIANA WOMEN'S PREVENTIVE HEALTH PROGRAM

WPHP Is A Breast and Cervical Cancer Early Detection Program

CERVICAL CANCER: CAN IT BE TREATED?

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Louisiana



WOMEN'S PREVENTIVE HEALTH PROGRAM

WPHP is a Breast and Cervical Cancer Early Detection Program

"PIP" is a quarterly news update, produced by the Public Education staff of the Women's Preventive Health Program. For more information contact, Adrian M. Boutin, MSW, GSW, Program Specialist at (504) 599-1073 or toll free 1-888- 599-1073, fax (504) 599-1085. You can also write to: Women's Preventive Health Program, Louisiana Department of Health and Hospitals, Office of Public Health P.O. Box 60630, New Orleans, LA 70160.



Yes, CERVICAL CANCER is a treatable disease.

Cervical cancer is treatable when detected early. This decreases the chance of the cancer becoming invasive or spreading. Pap tests or Pap smears are examination methods used to detect cervical cancer early. It is a woman's best defense against cervical cancer. No woman should lose her life because of cervical cancer. This is one cancer that is easy to detect and easy to treat when caught early!

Here are some questions and answers about cervical cancer every woman you should.

What is a Pap test?

The Pap test or Pap smear is a way to examine cells taken from the cervix and vagina. It can show the presence of infection, inflammation, strange cells, or cancer.

What is a pelvic exam?

In a pelvic exam, the uterus, vagina, ovaries, fallopian tubes, bladder, rectum are felt to find any imperfection in their shape or size. During a pelvic exam, an instrument called a speculum is used to widen the vagina so that the upper portion of the vagina and cervix can be seen.

Why are a Pap smear and pelvic exam important?

They are important parts of a woman's routine health care because they can detect imperfections that may lead to invasive cancer. Therefore, problems can be treated before cancer develops. Most cancers of the cervix can be prevented if women have Pap tests and pelvic exams (early detection) regularly.

How is a Pap test done?

A Pap test is simple, quick, and painless; it can be done in a doctor's office, clinic, or a hospital. While a woman lies on an exam table, the doctor inserts a speculum into her vagina to open it. To do the test a sample of cells is taken from in and around the cervix with a wooden scraper or cervical brush. It is placed on glass slide or rinsed in a liquid and sent to the laboratory.

Who should have a Pap test?

Women who are, or have ever been, sexually active should have Pap tests and physical exams regularly.

Source: National Cancer Institute

Free Pap testing!



Over 100



FREE PAP TESTING ALL YEAR

Rx "You may be eligible for a free Pap test. Call WPHP at 1-888-599-1073 for more info."

The Women's Preventive Health Program gives free (no cost to you) Pap tests all year, to eligible women in Louisiana.

All you have to do is call any one of the WPHP sites or the central office. You will be directed to the clinic nearest you and given the phone number to call to set up your Pap test appointment. It's just that simple. After the Pap test have been done, you will soon receive your results. Some sites are able to give results in one or two days.

Don't wait. Call the Women's Preventive Health Program today for your Pap test appointment at 1-888-599-1073.

LET'S TALK!

During October Breast Cancer Awareness Month, many women called the Women's Preventive Health Program's office. Those ladies wanted to find out if, they were eligible for our free mammograms and/or Pap tests. Most of them were eligible. And we referred them to our contracted providers near them.

"Ladies, continue calling us." We want to hear from you. Our goal is to help as many eligible Louisiana women as possible get Mammograms and Pap tests regularly. Calling us means you have taken the first steps toward your preventive health care. It also means you believe in the benefits of early detection. A woman's best protection against breast and cervical cancer is early detection. Remember, **"Prevention is Power"**, the power to live a longer and healthier life.

100 Black Women: National Organization Supports the Fight Against Breast and Cervical Cancers



The Coalition of 100 Black Women support the fight against diseases that historically, have proven to negatively affect women's health and their lives. This is an organization committed to the cause of women in Louisiana and throughout the United States. They donate money, time and services to help empower women to live more successfully. This year, the Coalition of 100 Black Women made a generous donation of \$1500.00 towards the efforts of the Women's Preventive Health Program.

The funds were used for Breast Cancer Awareness month. Various promotional materials for public education were purchased. Some of the items display both organization's logos. Our hats are off to the **Coalition of 100 Black Women's local chapter in New Orleans.**



Thank You! Thank You!

WPHP: *At Your*
SERVICE

The Women's Preventive Health Program provides free (no cost to you) mammograms, clinical breast examinations, breast self examination training and Pap tests all year. To get our preventive health services, a woman must be eligible. That means :

- ✓ be fifty or older for mammograms
- ✓ under or uninsured
- ✓ low income

"Prevention Is Power"

Give us a call at
1-888-599-1073.



Find the health related words.

E	A	R	L	Y	Z	D
X	K	N	I	E	C	E
O	C	S	F	U	A	T
C	A	N	C	E	R	E
L	R	X	W	B	Q	C
A	E	L	U	M	P	T
H	X	I	V	R	E	C
T	G	F	M	T	E	S
B	R	E	A	S	T	E
P	R	E	V	E	N	T

The hidden words:

EARLY	LIFE	CERVIX
CARE	LUMP	DETECT
BREAST	CANCER	PREVENT

Resources ☎

For more information about cancer call:

- ☎ National Cancer Institute
1-800-4CANCER
- ☎ American Cancer Society
1-800-ACS-2345
- ☎ Internet: www.healthfinder.gov

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